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NAVAL HOSPITAL, MILLINGTON, TN 38054

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April 1994

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The new name for the paper was submitted by HM2 Whitt and received the majority of all votes which were cast.

The logo is the brainchild of DT3 Jacks. His talent will become even more evident in subsequent editions.





# Captain's Corner

by:

*M. A. BLOME'*  
*Commanding Officer*

This was the month for Captain's Calls, and I do enjoy hearing your inputs. For this month's Captain's Corner, I would like to list some of the questions and concerns the various groups mentioned and share them with everyone.

1. The swimming pool will tentatively open 15 May 1994 if the pool condition does not warrant major repair. The Petty Officers' Association is planning on doing a "self help" on painting the building. The scheduled hours will be:

1500-2000 Weekdays

1200-2000 Weekends

There will be no alcohol inside the pool area due to safety reasons. If groups want to reserve the pool for parties, they may request reservations in the future.

2. JCAHO inspection is scheduled for the end of 1994 and the life safety upgrade's status will not affect the inspection.

3. Inspector General (IG) inspection is scheduled for January 1995.

4. The Navy is losing people rapidly. 34 percent of our pilots are gone with only one percent of the medical personnel reduced. One in five officers are medical department officers. 1.5 ships per week are being decommissioned. This equals the third largest Navy in the world.

5. The hospital may close the OB services due to costs. Currently the cost analysis shows that it cost \$6,88.00 to have a child at the Naval Hospital, but, if the child is delivered in the community it is only \$3,700.00. There are currently 200 women in the OB "pipeline" now. BUMED is currently reviewing our contracting issues. Stay tuned.

6. The early out program has recently changed. The "window" for EAOS on personnel eligible is October 1994 to January 1996 (vice October 1995) and instead of being able to request up to one year early out, the service member can only request up to six months. If you have any questions contact the Career Counselor.

7. Suggestion Box input was discussed. A suggestion was made to waive the surcharge on meals more routinely (because of the success of the African American luncheon.) Because of the cost associated, I cannot waive the surcharge as much as I would like, but I plan on doing it during the year at some special times.

8. The Command Assessment Team (CAT) will be handing out the command's annual survey. All hands should fill out one.

9. Re-inspection of BEQ unsats (Friday's inspection) will be held on Saturday mornings.

## Questions

1. Q: "What is the possibility of getting an ATM machine installed in the hospital?"

A: We've contacted the Navy Memphis Federal Credit Union and they want to know the number of personnel who would use the machine before they would answer.

2. Q: "What is the possibility of getting a "Healthy Foods" machine installed at the Branch Medical Clinic?"

A: There is a machine like you are talking about at the Naval Hospital and I've contacted the new Exchange Officer about having one put into the Branch Medical Clinic.

3. Q: "Do we rotate corpsmen during their tour of duty at Naval Hospital, Millington (Admin, clinics, wards)?"

A: Yes, if manning allows and Manpower Management "tracks" this. If you want to transfer to another area, then put in a special request chit.

4. Q: "If I was called in on duty "goated", but I was drinking that evening, would I be in trouble?"

A: No. If you have had alcohol and were called in for duty from the supernumerary list, explain this to the OOD.

5. Q: "If 5 west closes down, can Staff Education get use of that space?"

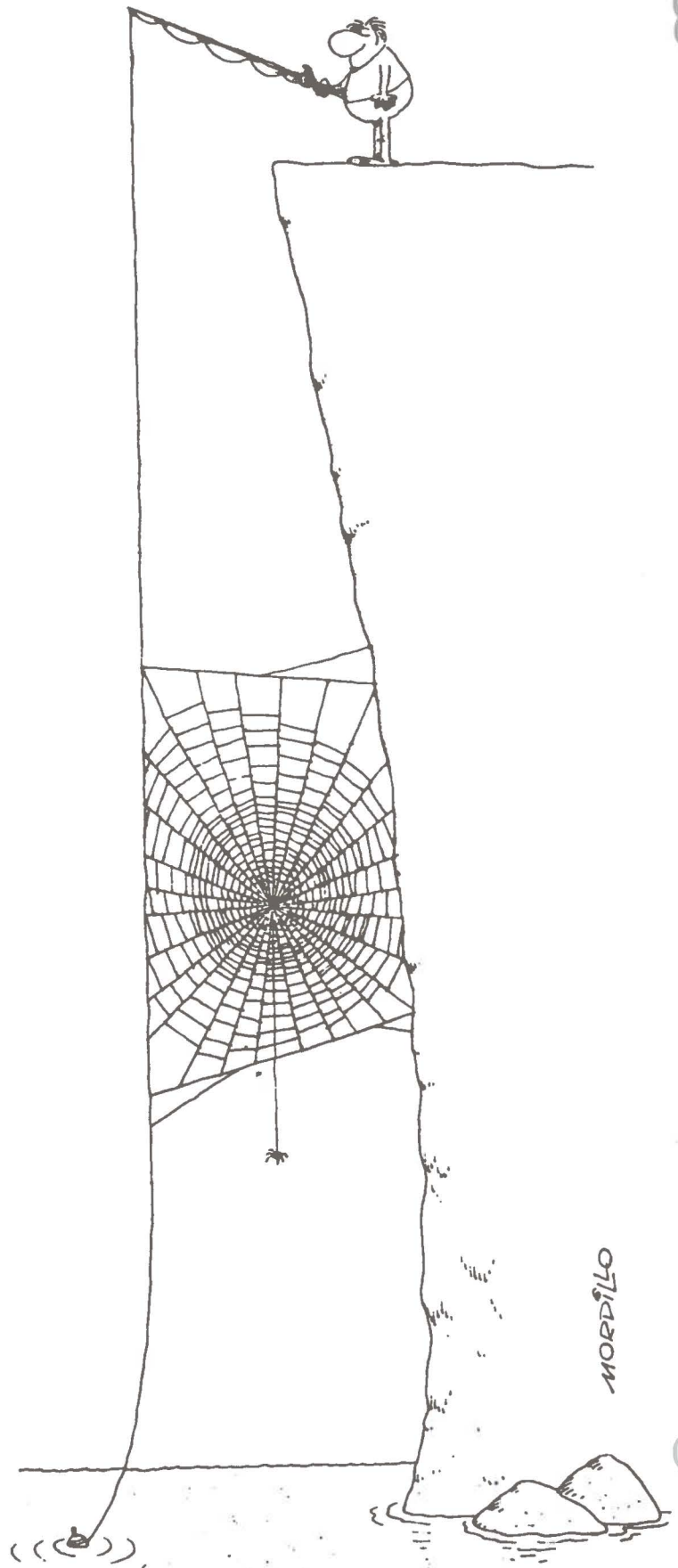
A: If any space becomes available, you must go through the space utilization committee with your requests.

6. Q: "Is the Emergency Room contract still on?"

A: Yes.

We are being challenged to provide care to all beneficiaries at the lowest cost to the taxpayer. This is not an easy task. We currently have Paul Sombard and Susan Washburn onboard to help us with our strategic plan. TQL and our strategic plan will get us through this difficult period.

On 4 April, Captain Marty Clarkson will retire from the Navy with over 25 years service. He and his wife, Paula, are a wonderful Navy family that we will all miss. I will personally miss my confident in the front office. My wife and I wish you both the very best.



# Master Chief's Messages

By:

R. L. FRANK  
Command Master Chief

## Involuntary Allotments Policy for Indebtedness Clarified.

The President recently signed into law the Hatch Act Reform Amendment of 1993. The law contains a provision permitting involuntary allotments from military pay to satisfy all indebtedness judgments. Many people do not understand that, under the new law, involuntary allotments may not begin until the Department of Defense issues implementing regulations. Although some creditors have tried to force early initiation of such allotments, there is currently no authority to do so until the DOD issues it's regulations.

## Pride

Pride, it's the difference between great commands and mediocre ones.

Strong, healthy unit pride will always enhance the command and it's ability to perform its mission. I've always told people that a command and your tour of duty will only be as good as you want it to be. If you think its going to be a great tour of duty - then chances are it will be! If you think it's going to be "the pits" - then I can almost assure you that it will be! But, pride has a lot to do with your tour here at Naval Hospital, Millington and the Navy as a whole. In addition to being happier and having happier shipmates, other important tangible elements such as command advancement rates, safety mishaps, and discipline statistics can be improved when sailors proudly identify with the unit and it's mission.

Conversely, when there is a lack of individual pride in the command and sailors "wish they were somewhere else," the results can be disastrous. Indications of individual pride in the command are clearly viable and a visitor (or patient) can usually spot them quickly.



For example, I mustered one morning with the remedial physical training. After stretching and calisthenics, we ran in formation, all the while chanting praises of the Navy, the Naval Hospital, and its mission capabilities. There are innumerable ways to display and promote command pride, but one of the most effective ways is to brag about what you are doing for the command and Navy Medicine. It will only become natural to include your command. No matter what initiative you take, it must inspire, motivate, encourage and hearten. Not every day is a "bed of roses," but attitude goes along way. Are you satisfied that your environment communicates pride to visitors and new shipmates checking in? If not - do something to change the situation. Don't forget TQL! One of my favorite sayings is "You're only as good as the people the surround yourself with!" We have great people at this command and the talent to do anything, anytime, any place!

## "SELF TALK" CAN HELP REDUCE STRESS

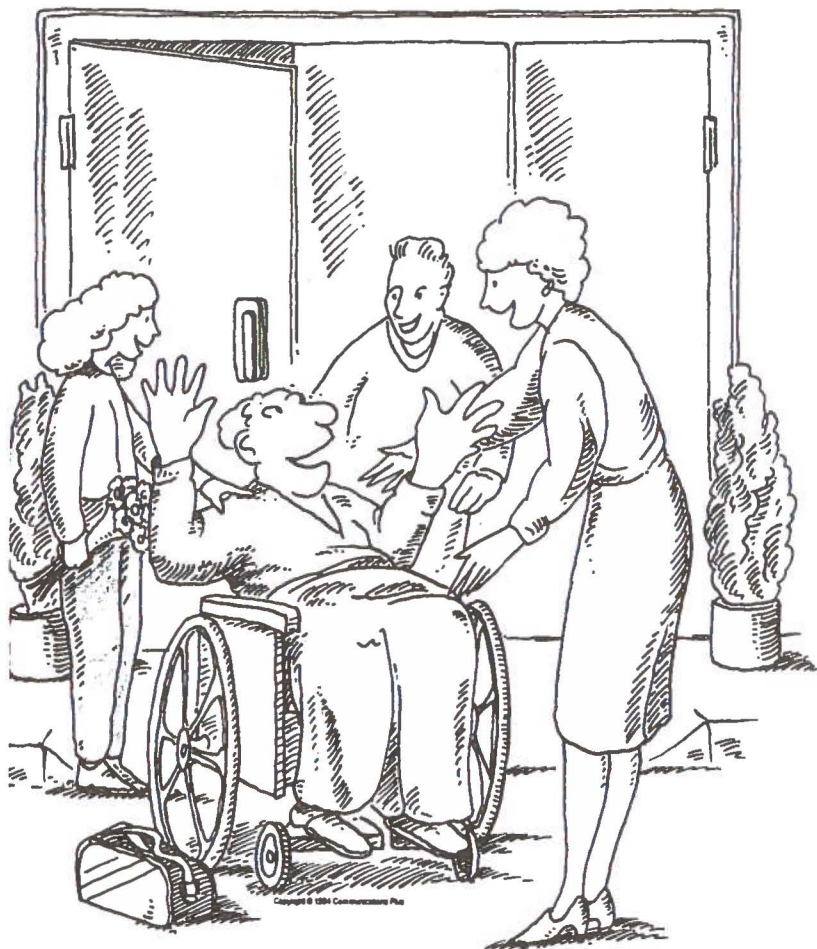
People who want to maintain or improve their health might want to look at what they say to themselves. Changing conditioned or automatic responses may help control the brain's release of stress related hormones which can prove harmful over time. Events just happen - it's how we perceive those events in our lives that can ultimately damage the body's immune system or cardiovascular system.

We can learn or relearn to cope with stress in healthier ways. A stress reduction strategy known as cognitive restructuring may help. The first thing is to identify the automatic thinking we use and change it. You can learn to recognize negative or stress producing self talk and stop it. Then you practice a new dialogue that does not elicit the stress response in your body. For example you might say, "This horrible day, nothing is going right." Stop that thought and say, "I can handle this, I'll keep trying until I do."

If you want to learn more about this topic, suggested readings are Who Gets Sick by Blair Justice and What to Say When You Talk to Yourself and The Self Talk Solution by Shad Helmstetter. If you don't like to read, schedule a Stress Management class for your work area through the Health Promotion Officer, CDR McKinzie rm 1325 ext. 5864. As long as you talk to yourself you might as well be saying things that will be helpful and healthful!



NURSES WEEK 1994



*Everyone knows that patient care at Naval Hospital is first class*

*Picture this . . . . .*



COMMAND AWARDS CEREMONY



LT Hatfield is promoted to LCDR  
by Captain Blome'



HM3 Brown provides patient care with a smile!

### **Salty Seadog Corner**

Here are a few more commonly used terms with nautical origins:

#### Chit

One tradition carried on in the Navy is the use of the "chit." It is a carry-over from the days when Hindu traders used slips of paper called "citthi" for money so as to not have to carry heavy bags of gold or silver.

British sailors shortened the word to chit and applied it to mess vouchers. It eventually came to be used as a form for drawing pay and for requesting leave or liberty. The term today is currently applied to almost any piece of paper from a pass to medical use in documenting laboratory or radiology results.

#### Chewing the fat

"God made the vittles, but the devil made the cook," was a popular saying used by seafaring men in the last century when salted beef was a dietary staple aboard ship.

This tough cured beef, suitable only for long voyages when nothing else was as cheap or would keep as well, required prolonged chewing to make it edible. Men often chewed one chunk for hours, just as if it were chewing gum. They referred to this practice as "chewing the fat."

## AFGE 2172 UNION NEWS:

## WELCOME ABOARD

### RESOLVING PROBLEMS

The Bad News Is.....  
Problems are experienced by all people in all walks of life.

The Good News Is.....  
They can be dealt with and solved!!!

Problems experienced by all employees; military and civilian of NAVHOSP Millington can be addressed in a variety of ways such as:

1. Communication:
  - a. One-on-one.
  - b. Departmental Meetings.
2. TQL
3. Grievance Procedure.
4. EEO or EO
5. Civilian Employee Assistance Program.

For information or assistance, contact your supervisor or Union Representative as noted below:

|               |          |
|---------------|----------|
| Robin Stevens | ext 5822 |
| Sandy Padgett | ext 5855 |
| Charles Lewis | ext 5812 |
| John Kindred  | ext 5820 |

The current Union contract runs from 1992 to 1995.

Benefits of Union membership are detailed on the bulletin board located outside the snack bar on the ground floor.

HR Haley  
HN Campbell  
HM3 Freehauf  
HM3 Wilson  
HA Jarrett  
HR Slay  
HN Allison  
HN Dye  
HR Garza  
HA Stewart  
HN Drye

HN Campbell  
HM3 Dempsey  
HM3 Howard  
HM3 Martinez  
HR Harrison  
HR Plaswirth  
HN Bitter  
HR Colson  
HR Peterson  
HR Paavola  
HN Waddell

### FAIR WINDS AND FOLLOWING SEAS

CAPT Clarkson  
HN Thompson  
HA Allen  
HN Fowler  
MS3 Jackson  
HN Perez  
HM3 Ramirez  
HA White

HM2 Richardville  
HA Paddie  
HN Negret  
HM2 Traylor  
HN Seward  
HN Buford  
HN Morrison



# CHAPLAIN'S

ORNER  
III

CHAPLAIN MIKE'S TOP SACRED MESSAGE

## "One Solitary Life"

He was born in an obscure village, the child of a peasant woman. He grew up in still another village, where He worked in a carpenter shop until He was thirty. Then for three years He was an itinerant preacher. He never wrote a book. He never held an office. He never had a family or owned a house. He didn't go to college, or visit a big city. He never traveled more than two-hundred miles from the place where He was born. He did none of the things one usually associates with greatness. He had no credentials but Himself. He was only thirty-three when the tide of public opinion turned against Him. His friends even ran away.

He was turned over to His enemies and went through the mockery of a trial. He was nailed to a cross between two thieves. While He was dying, His executioners gambled for His clothing, the only property He had on the earth. After He died, He was laid in a borrowed grave through the pity of a friend.

Nineteen centuries have come and gone, and today He is the central figure of the human race, and the leader of mankind's progress. All the armies that ever marched, all the navies that ever sailed, all the parliaments and congresses that ever sat, all the kings and presidents that ever held office, put together, have not affected the life of man on this earth as much as that ONE SOLITARY LIFE - JESUS! (copied)

Happy Easter!!!

In His Service and Yours,

*Chaplain Mike*

### CHAPEL OPPORTUNITIES

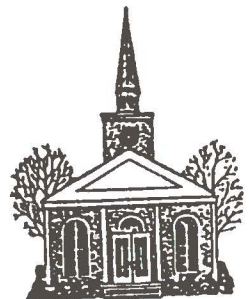
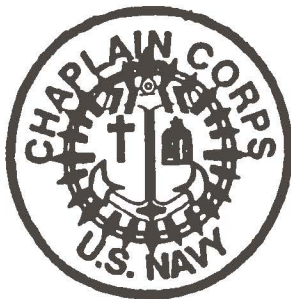
Hospital Chapel (Open 24 hrs. on 3rd deck)  
Monday - Friday Prayer/Share Fellowship at 1545  
Wednesday Bible Study at 1200  
Friday - Roman Catholic Mass at 1130

Branch Clinic  
Thursday - Bible Study at 1130  
Other Worship Opportunities contact NAS Chapel  
at 873-5341.

If you are desiring marriage counseling, pre-marriage classes are held on the 1st and 2nd Monday of each month at the NAS Chapel.

Pastoral Counseling is available for individual, family, marriage, pre-marriage, divorce, sacraments, death/dying, substance abuse, eating disorders, etc. Call the Chaplain's office at 873-5828/9.

A Chaplain is available 24 hours a day by calling the NAS OOD at 873-5509.



# Command Career Counselor's Note . . . .

## WE'RE VOLUNTEERS

Since the day I enlisted in the Navy I have been sent, quite literally, around the world, and I have also been doing things that I may or may not have wanted to do, but I did them because I had volunteered in the first place.

Before I enlisted, I went to the recruiting office nearest my home and talked to the recruiter, I did not receive a letter saying that if I did not enlist, I would go to jail. I was told and understood before signing the enlistment papers that I was joining a branch of the armed forces of the United States and that I could be sent into harm's way and could even be killed. I also understood that I would be asked or told things that I might not like or want to do. I still volunteered.

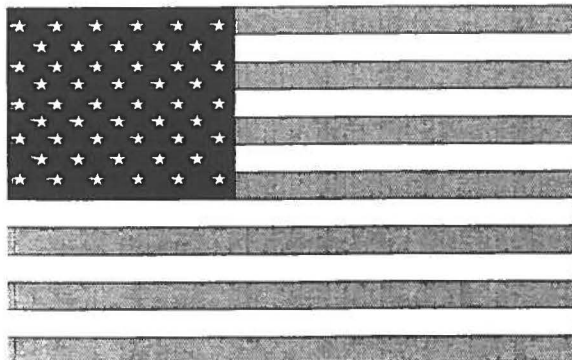
Now I hear of people in the Navy who act as if they were forced to join. They seem to think that the Navy is being unreasonable by expecting they act with discipline and do what they made the commitment to do. These people feel that the U.S. military, as a whole, should be nothing more than a giant employment-education service.

I understand that the recruiting advertisements call the military a "job" and some recruiters say they are "hiring," but all people who enlist need to understand they are volunteering. They should remember this means that they will be required to act with discipline and do things they may not want to like to do. If they have a problem with this, they should not volunteer.

The mission of the U.S. military is to defend, to the death if necessary, the interests of the United States as determined by the president and Congress. Once the decision is made, the military member's only response must be a brisk, "aye, aye, sir," and then carry out the orders.

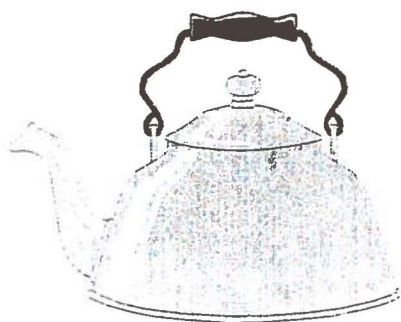
Joining the military is not a job in the civilian sense of the word, but a commitment to the security of the United States.

Mark L. Klinge  
HM1, USN  
Orlando, Fla.



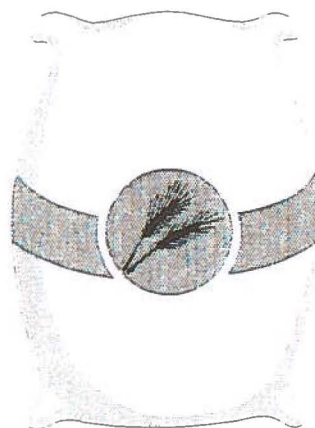
|                         |          |
|-------------------------|----------|
| William Daniel          | April 05 |
| John Holt               | April 14 |
| Bernice Neal            | April 24 |
| Lorraine Cook           | April 23 |
| Charles Crouch          | April 11 |
| LT Deloris Corey        | April 23 |
| CDR William Hughes      | April 23 |
| CDR Rick Rosander       | April 07 |
| Carolyn Malone          | April 21 |
| Darlene Brigrance       | April 11 |
| LT Robert Edgar         | April 22 |
| Winston Trotter         | April 27 |
| HM1 Richard Cash        | April 16 |
| HM2 Peggy Zachow        | April 01 |
| LCDR Vondell Allred     | April 26 |
| Jon Showalter           | April 18 |
| HM1 Richard Reiser      | April 05 |
| Evelyn Daniels          | April 20 |
| ICC Curt Weidrick       | April 23 |
| LTJG Katia Vitcenda     | April 07 |
| Able Smith              | April 25 |
| HM1 Sheryl Schmidt      | April 25 |
| HM2 Randi Knepper       | April 18 |
| HMC Donald Stedry       | April 09 |
| LTJG Suzan Dunaway      | April 13 |
| HM2 Mark Clark          | April 27 |
| HM3 Lorna Sams          | April 10 |
| HM2 Roderick Loggins    | April 07 |
| HM2 James Vaughn        | April 14 |
| LTJG Faaron Price       | April 23 |
| LT Dan Celeski          | April 19 |
| HM3 Andrew Hill         | April 19 |
| HM3 James Garvin        | April 29 |
| HM3 Blake Browne        | April 29 |
| HM3 Michele Parker      | April 05 |
| HN Lance Henson         | April 14 |
| HA Dana Stablein        | April 05 |
| HM3 Michael Blanks      | April 12 |
| HR Sandra Haymaker      | April 14 |
| HN Michelle Powers      | April 30 |
| HM3 Craig Wilson        | April 10 |
| HA Dorcas Baugh         | April 22 |
| HM3 Willie Nash         | April 27 |
| HN John Daman           | April 08 |
| HM3 Jason Martinez      | April 28 |
| HN Gabriele Shackelford | April 02 |
| HA Aaron Stavinoha      | April 07 |
| HN Richard Miller       | April 20 |
| HR Matthew Peterson     | April 24 |
| HR Jon Benson           | April 26 |
| HR Edmundo Garza        | April 05 |
| HR Antonio Harrison     | April 26 |





### SUMMER SAUSAGE

By: Chef Ricardo



5 lbs Ground Beef  
5 tbs Curing Salt  
3 tbs Mustard Seed  
2 1/2 tsp Garlic Powder  
1 1/2 tsp Poultry Seasoning  
2 1/2 Black Pepper  
1 tbs Liquid Smoke  
1 tbs Red Pepper

Combine all ingredients and mix by hand. Put in air tight container and leave in refrigerator. Each day for five days take out of refrigerator and knead. On the sixth day roll ingredients into five 1 lb logs and put on a broiler pan (so grease will drip into the bottom.) Cook at 150 degrees for eight hours. Turn over after four hours. Cool and wrap in plastic wrap. You may also freeze them to use at a later date.

### MOCK APPLE PIE (No apples needed)

36 Ritz Crackers  
2 cups Water  
2 tsp Cream of Tarter  
2 tbs Lemon Juice  
Grated Lemon Rind  
Butter or Margarine  
1 cup Sugar

Roll out pie crust and fit into 9" pie plate. Break Ritz crackers coarsely into pastry line plate. Combine water, sugar, cream of tarter in sauce pan; boil gently for 15 minutes. Add lemon juice and rind and cool. Pour syrup over crackers, dot generously with butter or margarine and sprinkle with cinnamon and cover with top crust. Trim and flute edges together. Cut slits in top crust to let steam escape. Bake in hot oven at 325 degrees for 30-35 minutes or until crisp and golden brown. Serve warm. Cut into 6-8 slices.



## THE CIVILIAN COMMUNITY

By Cyndi Olson

### QUOTE FOR THE MONTH.....

The Unspeakable Law:  
As soon as you mention something; if it is good it goes away, if it is bad, it happens.  
\* \* \* \* \*

### HEALTH PROMOTION INFO:

#### KEEPING YOUR '94 RESOLUTION

1. VARIETY in your diet is important since no one food group can provide all the nutrients our bodies need.

2. BALANCE your calorie intake; include grains, fruits and vegetables as the majority of daily consumption, limit portions of meat and dairy products.

3. MODERATION refers to the amount of food you need for a healthy body weight.

4. FOCUS ON FAT; know your daily fat target, this will help satisfy taste and nutritional needs.  
\* \* \* \* \*

### WITH DEEPEST SYMPATHY:

To Sydney Porter upon the loss of his wife, Willie Ruth this past month. Our thoughts and prayers are with you.  
\* \* \* \* \*

### ON THE HUMOROUS SIDE:

Song dedications:

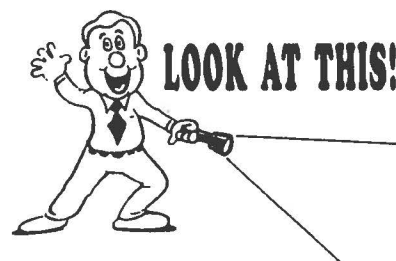
To: LR; Leaving on a Jet Plane.

To: CJ; That Will Be the Day.

To: SH; Anticipation.  
\* \* \* \* \*

### LET ME HEAR FROM YOU.....

Items of interest concerning civilian matters should be directed to Cyndi in room 238 for input in the newspaper.  
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### DEPARTMENTAL SPOTLIGHT

By: HM1 Williams

LTJG Robinson, a native Memphian, says, "Welcome to Plans, Operations, and Medical Intelligence. She coordinates a staff of 4 capable personnel and manages 10 collateral duties, of which one is command security manager.

Chief Fells has recently taken over the Disaster Preparedness Training and paperwork arena. He works closely with the outlying community to coordinate the National Medical Disaster System (NMDS) for civilian hospital bed availability. He hails from Birmingham, Alabama. Chief Wettstead is the hospital reserve Liaison. He organizes command TAD support and maintains information on all billets and jobs requiring augmentation support.

In the white hat arena, HM1 Estes and HN Anthony from Texas and St. Louis respectively, manage the MPAS and Recall Program. HM1 Estes reminds me that his biggest problem with Medical Personnel Augmentation System (MPAS) is ensuring all personnel maintain a C1 or C2 status for dental and gas mask inserts. In conjunction with this, HM1 Estes schedules all training for Medical Mobilization Augmentation Readiness. HN Anthony reminds everyone that the recall roster submission has changed and are now submitted at the directorate level first.

POMI staff is available from 0745 - 1630 Monday through Friday. Come on down and meet everyone!



BRANCH MEDICAL CLINIC SPOTLIGHT  
HM1 James Warren

By: HM2 Darren Cawthon

From the moment of birth on 21 July 1962, in Hartwell, Georgia, James A. Warren was never one to sit still. Being naturally athletic and inquisitive, he could never find time just to "veg" for there was always just too much one could be doing. It seems that Mrs. Warren's "brown-eyed little boy" is still going strong with his quest to "keep busy."

Track and field and football took up much of his time, but his love for Biology could just not be put aside. Upon graduation from high school, James has already secured his place in what was guaranteed to be a lifetime of "adventure", a Hospital Corpsman, United States Navy.

June of 1980 saw James off to bootcamp in Great Lakes, IL. In keeping with his aggressive nature, he became part of the Flag Company, 24th Division, responsible for performance at graduations. Next came Hospital Corps School at Balboa Hospital in San Diego, CA. After this came a cross country move that landed him at his first duty station as a full-fledged U.S. Government taught, here to help, corpsman. Naval Hospital Orlando greeted him enthusiastically with a first class tour of the Ortho-Surgical ward. (Yes, he did manage to survive this!)

Two years later and it's time to head across country again. This time he landed smack in the middle of the 27th BTN of the 1st Marine Division in Camp Pendleton, CA. It was during this tour that Petty Officer Warren recalls some very vivid memories: like how while at "Mountain Warfare Training" while in the middle of a single-file column, he managed to be the only person who fell into a five-foot deep hole; and then there was the time he ended up smack in the middle of a flash flood (while in the middle of the Mojave Desert.) Then there was the simple fact that he experienced Camp Walker, 29 Palms, CA ... 3 times!

Deciding that he needed a change, he did just that. Next stop: Subic Bay, Philippines for a three year tour where he worked Sick Call at the BMC. He made lots of friends there but desired to get back home to the "States." He accomplished this by accepting orders to the USS Kansas City out of Oakland, CA. Thirty days after reporting, he learned that he would soon be seeing all his old friends back in Subic Bay as he would embark on a West-Pac. (Figure the odds!)

The USS Kansas City did however provide Petty Officer Warren with some of his most memorable travels: Vancouver, B.C. and "sailing up the river" to the Portland Rose Festival in Portland, Oregon. (I bet that doesn't happen everyday.) It was during this time that he decided on a "C" school. From August of 1989 to March of 1990 was spent in an intense curriculum designed to produce highly-trained, motivated, and diversely

knowledgeable Preventive Medicine Technicians.

Naval Hospital, Millington was HM1 Warren's first stop as a PMT and he was greeted with the type of responsibility that he had become accustomed to throughout his career. As LPO of the BMC Preventive Medicine Department, he and his very competent staff are responsible for detection, prevention and surveillance of almost any thing you can think of for the 26 tenant commands of this base and communicable disease surveillance for a 300 mile radius. In addition, to countless scheduled inspections, some unscheduled inspections, water sample testing, and almost any type of training class you can imagine, they are responsible for all of us receiving our long-awaited Flu Shot each year. (Ugh!)

HM1 Warren spends any leisure time that he might have with his Cynthia, and his three daughters: Nikita, Sheena, and Oriel. Very soon he will be on the move again: Next stop: 2nd PSSG, Camp Lejeune, NC.



"I don't have a chef's salad, but you can have a bite of my carrot."

## OFF-THE-WALL DEPT

Well... It's spring time at last. No more ice storms or snow for awhile, hopefully. The birds are singing again, and those furry little harbingers of spring are everywhere. I'm speaking of course of the bunnies. We are all familiar with some of the more notable ones such as the Easter Bunny, Bugs Bunny, the White Rabbit, the March Hare, Harvey the Invisible Rabbit, Roger Rabbit, and my very favorite, Jessica Rabbit.

This leads me to the work of a noted authority on rabbits, one Beatrix Potter. Ms. Potter conducted extensive research on one dysfunctional rabbit family, residing on the old McGregor farm. This family was headed by old Mrs. Rabbit... ever since the unfortunate accident to Mr. Rabbit, in which he ended his days as a plate of burritos on Farmer McGregor's kitchen table. Now rabbits are a bit different than you or I. Baby rabbits seldom have names such as Johnny or Susie or Frank. They tend to be named more for their appearance or physical attributes, such as Thumper or Hoppy or Lolita. Now old Mrs. Rabbit had three daughters and a son. The first daughter was rather mature for her age, and... well, had her fur in all the right places. She was called Flopsy. The second daughter had a luxuriant head of hair. Her name was Mopsy. The last daughter was kind of slender, so much so that it was not uncommon for her to slip a bit of padding around her derriere to better impress the boys. She of course was called Cotton Tail.

Peter? Being the teenage son, he kind of considered his mother to be a bit old-fashioned. So when she told him to stay out of Farmer McGregor's garden, he decided that there certainly must be something worth seeing there. So... off he went to check out why he wasn't supposed to be in the garden. Peering through some bushes, he was surprised to see only vegetables. For a rabbit, he didn't care much for vegetables, much preferring Pop Tarts and Doritos. A delicious aroma caught his attention however. He observed Mrs. McGregor placing a pepperoni and carrot pizza in the window to cool. Now we're talkin', he thought to himself. Getting the pizza turned out to be a bit harder than he thought. He gave his best rabbit leap, but he just couldn't jump high enough. Unfortunately, his pink leotards got hung up on a nail. There he was... dangling from a nail, with visions of following his father's lead as a burrito!

Farmer McGregor saw him hanging there and said, "Dinner's here, Margaret!" Just before the farmer reached him, Peter jumped out of the leotards, mooned the farmer, and then ran all the way home. He then helped Flopsy, Mopsy, and Cotton Tail pick blackberries, and thought about his close escape. Jeez... even the new national health plan wouldn't have helped me. From then on, he listened to his mother, ate his vegetables, and eventually married Lolita. They had 22,354 children, and lived happily ever after.

# SWAP SHOP

House in Tipton County with in-ground pool \$89,000. Contact Chaplain Mike at 5828/9 or 837-7396.

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AKC Lab Puppies, chocolate, 6 weeks old, 5 males. \$175 each. Call 837-0635 after 4 p.m.

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Moving in April - 5 year old full grown Siberian Huskey, 2 bowls, pet taxi, leashes, collars and heart worm pill. All shots, spaded comes with food. \$100 or better offer; 20" Mongoose Pro-class Freestyle bike and all extras. GT fork-standers, tioga crank, GT turf wheels II mags, spin tech rotor system and more. Ready to ride for \$200 or better offer; Tiger stripped house cat. Unknown age, raised from kitten litter box trained, very loveable comes with litter box, about 20 pounds. Comes with cat litter, food/water dish, and food. \$20.00 or better offer; Emerald greed plush couch just 2 years old. Excellent condition, has a full size hide-a-way bed and a warranty. \$400 or better offer; 13" black and white TW and Atari 2600 and approximately 25 games. Great for kids!! \$50 or better offer; 1993 Randal C-200 half stack guitar amp system. 120 watt head. Built-in reverb, 4 x 12 cabinet, 2 channels and foot pedal. \$900 firm. Anyone interested in the above items contact Scott L. Blackburn at ext 5844.

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House for sale - 5210 Rolling Meadows. 3 bedrooms, 3 full baths, master bedroom w/2 extra large closets (13 ft. 9 in. x 11 ft.), 2 bedrooms (10 ft. x 10.6 in., 10 ft. x 9 ft. 6 in.), living room (18 ft. x 13 ft. 6 in.), Den w/FP and built-in bookcases (22 ft. x 13 ft. 10 in.), dining area (11 ft. 9 in. x 8 ft. 10 in.), Kitchen (14 ft. 3 in. x 8 ft. 10 in.) includes stove, refrigerator and dishwasher, foyer (13 ft. 6 in. x 7 ft.), security system, gas furnace, A/C, 2 + garage with work bench, attached extra large carport, garden tool storage building plus 2nd storage building, fenced backyard. City taxes \$620.90 per year and County taxes \$604 per year. \$85,000 For more information or a private showing call 382-8377.

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Necklace - 14K gold 18" diamond cut; \$100 (firm) cash, contact Sandy at ext 5855 or 7603.

## AWARDS

By: HM3 Jo Hardy

*The following awards were presented  
in an awards ceremony in March*

### **Navy Achievement Medal**

HM1 David  
HM2 Lengyel  
HM3 W. Brown

### **Good Conduct Medal**

HM2 Lengyel

### **Length of Service Award**

Mary Koziol

### **Sailor of the Year Plaque**

HM1 David  
RPSN Hammonds

### **Letter of Commendation**

HM3 McGahey  
DN Curry

### **Letter of Appreciation**

HM3 Sprissler  
Ron Barnes  
HN Elboeck  
LT Edgar

Captain M. A. Blome'  
Commanding Officer

Captain W. M. Clarkson  
Executive Officer

HCMC(SW) Robert L. Frank  
Command Master Chief

LT V. M. Sullivan  
Editor

LCDR Ron Luka  
HM1 Tim Gough  
HM2 Rickey Conrad  
HM2 D'Juana Hayes  
HM2 Darren Cawthon  
HM3 Jo Hardy  
HM3 Cassie Reese  
RPSN Ranitra Hammonds  
HN Allison Dunbar  
Judy Thompson  
Cyndi Olson  
Carolyn Malone  
Staff

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or U.S. Navy and do not imply  
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contributions and comments should  
be submitted to the Chaplain's  
Office.



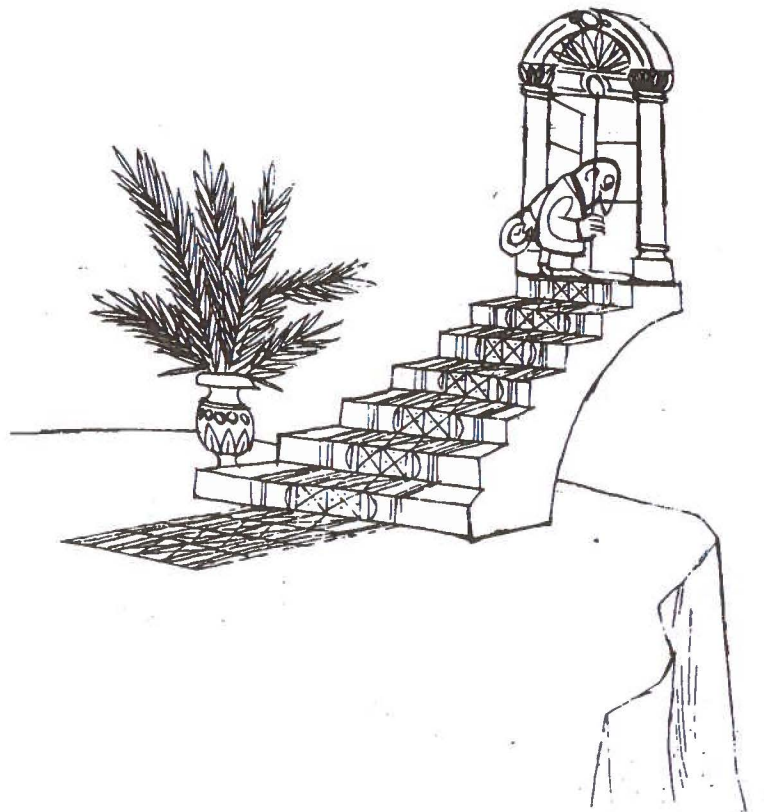
IF you find mistakes in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes.





WHO'S THIS?

*I may be a civilian but I love working  
with Navy nurses.*



*on camera*

# ANSWERS TO LAST MONTHS PUZZLE

|         |       |         |
|---------|-------|---------|
| FAT     | ARROW | STOP    |
| ICE     | SEINE | LIKES   |
| REACHED | AMEN  | TO      |
| APRON   | WEED  | BALE    |
| PROP    | BEAR  | PAL     |
| RUB     | MINT  | FOLLOW  |
| IN      | SENT  | TELL    |
| LEANED  | SILLO | BID     |
| DOT     | SALT  | WAVE    |
| DRAW    | FALL  | WIRES   |
| RAM     | CANE  | BIN     |
| UP      | HARD  | HADDOCK |
| MINES   | AMUSE | CUE     |
| DOME    | LATER | TRY     |

Action  
Actor  
Actress  
Angle  
Approvals  
Camera  
Cast  
Clear  
Closeup  
Costs  
Crews  
Crises  
Critics  
Crowd  
Cues  
Cuts  
Director  
Editors  
Extras  
Film  
Gangs  
Ingenué  
Invest  
Lights  
Lines  
Locations  
Makeup  
Mike

Mixer  
Music  
Part  
Prop  
Risk  
Role  
Rush  
Scenery  
Script  
Sets  
Shoot  
Shot  
Sound  
Spot  
Stars  
Stop  
Takes  
Technicolor  
Units  
View  
Writer

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | R | E | M | A | C | E | I | N | V | E | S | T | C | E |
| W | C | R | A | E | L | C | I | M | L | E | O | R | D | Y |
| R | R | T | I | O | A | N | M | I | L | P | I | I | R | C |
| O | E | I | R | S | G | A | N | G | S | T | T | E | I | S |
| L | W | O | T | E | K | E | N | E | I | O | N | S | T | L |
| O | S | C | N | E | S | A | T | C | R | E | U | H | M | O |
| C | T | U | U | D | R | S | S | S | C | M | G | N | I | C |
| I | E | P | E | T | I | C | E | S | I | I | O | P | D | A |
| N | K | M | I | X | S | R | U | X | L | I | U | S | W | T |
| H | I | A | P | R | T | T | E | E | T | E | R | E | U | I |
| C | M | A | F | R | C | R | O | C | S | A | I | K | N | O |
| E | R | I | O | P | S | S | A | O | T | V | K | I | I | N |
| T | L | T | O | T | X | G | L | S | H | O | T | E | T | S |
| M | C | R | O | W | D | C | O | S | T | S | R | U | S | H |
| A | P | P | R | O | V | A | L | S | S | E | S | I | R | C |